Happiness is 4-H

By FRANK SWEET
Extension Agent

Forty-seven Appomattox 4-H'ers have earned the right to participate in the Area Junior/Intermediate Contest to be held in Rustburg this coming Saturday. 4-H members from Halifax, Amherst, Bedford, Campbell and the City of Lynchburg will also be participating in the area program. Included among Appomattox's 4-H'ers will be the Share-the-Fun winners, Public Speaking winners, Fashion Revue winners as well as the 4-H Presentation winners. Many parents will also be attending the program to support their sons or daughters.

* * *

Several 4-H judging teams have been practicing over the past months in preparation for judging contests in early May. Judging teams include Egg Grading, Meats Identification and Judging, Soils Evaluation and Forestry Judging. Members participating in Egg Grading include: Bernadine Garrett, Terri Nash, Latrese Lee, Joanna Layne, Martha Haley, Walteice Lee, Beth Marston, Leon Watkins and Mary Helen McLaughlin. 4-H'ers involved in Meats Judging include: Blair Smith, Glen McClenny, Dale Glover, April Talbott, Leon Watkins, Brett Marston, David Short and Curtis Moore. Soils Judging participants include: Richard Conner, Kenneth McClenny, Darrell Conner, Craig Ranson and Howard Anderson. Forestry Judging members are; Curtis Moore, Rick Pack, Cathy Johnson, Leigh Ann Taylor, Brent Harrison, Nancy Cole, Lisa Harrison, Anne Hancock and Jo Ann Jamerson. A new Consumer Judging Program called Consumerama will begin this week. 4-H'ers may join judging practices at any time during the year. Interested members may call the Extension Office for details.

ASCS Today

By TOM CONRAD
Watch Stored Grain, Farmers Advised - Appomattox County producers have more than 12,000 bushels of grain stored on their farms. Some of the grain is under loan and some is in the reserve program.

Farm stored grain, whether under loan or in reserve, should be watched closely and checked carefully for insects, particularly during the oncoming months when rapid weather changes could take place. During warm weather, grain temperatures are just right for rapid insect development.

The probability of grain becoming insect infested or spoiled because of moisture damage and mold growth increases when it is stored and left undisturbed in the same location for several months. Stored grain contains moisture that may shift from one location to another primarily because of temperature differences that develop within the structure when surface and perimeter areas of the grain cool. Moisture from warm grain moves to cooler parts of the structure, resulting in damp areas within the grain that favor insect activity and mold development. These, inturn, cause rapid deterioration and heating of the grain.

When determining a farmer's eligibility for the grain reserve program or commodity loans, we consider the condition of the storage structure and the commodity stored within the structure. Farmers are responsible for any loss in quality or quantity caused by insect infestation or rodent damage.

Farmers who are in doubt as to the quality of their stored grain should contact the county ASCS office as soon as possible.

CCC Loan Interest Rate Decreased To 13.875 Percent - Commodity loans disbursed in April will carry a 13.875 percent interest rate.

The new rate, down from 14.875 percent, reflects the interest rate charged CCC by the U. S. Treasury in April.

Letter

Letter to the Editor:
Thank you

Our sincere thanks to the couple we did not meet, who found our lost son, south of Pamplin this past Sunday. And also to our dear friends who offered their assistance and prayers.

Rhoda and David Bailey
Rt. 1
River Circle Farm
Pamplin, Va. 23958

ON APRIL 5 and 6, 1982, a team representing Southern Association of Colleges and Schools visited the Appomattox Primary School. Parents and faculty met the team at a reception, which was arranged by PTA members. Pictured above are Jeanne Clabough and Debbie Powell talking with team members; Mrs. Marjorie Bishop, Elementary supervisor of Pittsylvania County and Miss Annette Booker, Elementary Supervisor of the State Department of Education. This is part of the plan to become and continue affiliation with the Southern Association of Colleges and Schools.

Area Deaths

Mrs. Lemmen A. Davis

The funeral for Mrs. Lemmen Atkins Davis, 83, of Danville was held last Wednesday by the Revs. Gilmer Setliff, Irvin Hall, Wayne Wallace and Emment Dunevant. She was a member of Glen Hill Baptist Church, and retired from Dan River Mills.

Mrs. Davis is survived by her second husband Jacob E. Davis, three sons, Robert E. Atkins, of Biloxi, Miss. Samuel E. Atkins, Invenness, Florida, and Allen P. Atkins of Danville. One daughter, Mary A. Dixon of Gladstone, two sisters, Hester D. Yeatts of Halifax County and Rasa D. Grissinger of Newport News, nine grandchildren and 12 greatgrandchildren.

Shelton Richard Foster

Shelton Richard Foster, 74, 4620 Golf Park Drive, died Sunday morning, April 11 in Lynchburg General Hospital.

He was the husband of Rossie Blanks Foster. Born in Campbell County, he was a son of the late Scott Foster and Carrie Daniel Foster. He was a retired employee of the Craddock-Terry Shoe Corp. and was a member of College Hill Baptist Church where he served as a deacon and was a member of the Brotherhood Sunday School class.

In addition to his wife, he is survived by a daughter, Mrs. Charles Copeland, Quincy, Ill.; a brother, Russell Foster, Lynchburg; two sisters, Mrs. Thelma St. John, Pamplin, and Mrs. Cornelia Wilburn, Brookneal; four grandchildren, and two great-grandchildren.

Funeral services were conducted at 1 p.m. Tuesday at College Hill Baptist Church by he Rev. Wayne Varner. Interment was in Fort Hill Memorial Park.

Whitten Park Avenue Funeral Home was in charge of arrangements.

Marvin Ace Hendricks

BROOKNEAL - Marvin Ace Hendricks, 83, Lower Main Street, Brookneal, died Thursday, April 8 at the home of his daughter at Red House.

He was born Dec. 16, 1898, in Halifax County, a son of the late Ace Recie Hendricks and Mary Francis Puckette Hendricks. He was a member of Brookneal Baptist Church, Brookneal Lodge No. 267 IOOF, and the Stonewall Encampment, and was retired from Burruss Land and Lumber Co. at Brookneal. He was the husband of the late Thelma Woosley Hendricks.

He is survived by one daughter, Mrs. Robert (Shirley Faye) Clowdis, Red House; two grandchildren, Robert Clowdis Jr. and Martha Sue Clowdis, both of Red House; one brother, Clyde Hendricks, Booknea; three sisters, Mrs. Sadie Bomar and Mrs. Ruby Guthrie, both of Nathalie, and Mrs. Elizabeth Dejarnette, Portsmouth.

Funeral services were conducted at 2 p.m. Saturday in Henderson Funeral Home chapel by the Revs. Hoyt Rutledge and Regiland Warren. Burial was in Childrey Baptist Church cemetery with Odd Fellow rites at the grave.

Henderson Funeral Home was in charge of arrangements.

George Finely Johnson

FARMVILLE - George Finley Johnson, 73, of Farmville died Tuesday morning in a Richmond hospital. He was the husband of Margie Price Johnson.

Born in Charlotte County, he was the son of the late Linwood and Sally Ramsey Johnson. He was a retired carpenter and a member of the Pamplin United Methodist Church.

In addition to his wife, he is survived by three sons, George H. Johnson, Richmond; Walter Edward Johnson, Florida; Herbert G. Johnson, Pamplin. One daughter, Mrs. Kerry Scruggs, Richmond. Four brothers, Howard Johnson, Appomattox; William E. Johnson, Disputanta; W. Carroll Johnson, Boston, Mass.; Otis Glenn Johnson, N. C, and eight grandchildren.

Funeral services were conducted Thursday at 2:00 p.m. in Pamplin United Methodist Church by the Rev. Raymond Phaup, with burial in the Pamplin Cemetery.

Memorial contributions may be made to the Prince Edward County Rescue Squad.

Edna Earl Elder Mann

BROOKNEAL - Edna Earl Elder Mann, 73, Route 1, Gladys, died Saturday morning, April 10 in Lynchburg General Hospital.

Born in Charlotte County Oct. 4, 1908, she was a daughter of the late Joseph Elder and Lillie Elder. She was a member of the Church of God in Brookneal. Her husband was the late Robert Andrew Mann.

She is survived by three sons, Ben Mann, Nathalie, and Robert Mann and John Henry Mann, both of Gladys; five daughters, Mrs. Louise King, Altavista, Mrs. Elsie M. Crews, Halifax, Mrs. Betty M. Mann and Mrs. Mattie Maxey, both of Brookneal, and Mrs. Virginia Hailey, Hurt; two brothers, Wilson Elder, Lynch Station, and Clarence Elder, Lynchburg; one sister, Miss Elsie Elder, Red House; 23 grandchildren and four great-grandchildren.

Funeral services were conducted at 2 p.m. Monday at Henderson Funeral Home chapel by the Rev. Venus Black. Burial was in the Wickliffe Cemetery in Brookneal.

Henderson Funeral Home was in charge of arrangements.

Mrs. Lizzie P. Robinson

PAMPLIN - Mrs. Lizzie Paulett Robinson, 92, Pamplin, died Monday evening in Camelot Hall Nursing Home following a long illness.

She was the wife of the late Harvey M. Robinson. Born in Appomattox County, she was a daughter of the late Toby E. Paulett and Betty Baker Paulett. She was a member of Elon Baptist Church and a retired employee of the Amelia Dress Company.

She is survived by a step-daughter and several nieces and nephews.

Funeral services were conducted at 3 p.m. Wednesday at Elon Baptist Church by the Rev. Danny Owens. Burial was in Evergreen Cemetery.

Robinson Funeral Home was in charge of arrangements.

PUBLIC HEARING NOTICE

The Town of Pamplin will hold a public hearing on April 27, 1982 and on May 11, 1982 at 7:30 p.m. at the Pamplin Town Hall for the purpose of hearing written and oral comments from the public concerning the proposed annual budget for fiscal year 1982-83 and the use of Revenue Sharing funds as contained in that proposed budget, summarized below. General revenue sharing (GRS) is a program of general fiscal support from the federal government to state and local government with only limited federal requirements about how the money should be spent. Decisions on the use of these funds are made at the local level, by the government and people closest to local programs. The revenue sharing regulations require a hearing on the proposed use of these funds in relation to the overall budget before the budget is adopted each year.

All interested citizens, groups, senior citizens and organizations representing the interest of senior citizens are encouraged to attend and to submit comments.

A copy of this information, the entire proposed budget and additional background materials are available for public inspection on Tuesday and Friday from 9:00 A.M. to 5:00 P.M. at the Pamplin Town Office.

TOWN OF PAMPLIN
1982-83 Proposed Budget

GENERAL FUND RECEIPTS	
Property Tax	$3,932.00
Street Lights	160.00
Bank Stock Tax	3,439.00
Corporation Tax	1,623.00
Merchant's License	544.00
ABC Profits	1,621.00
Cemetery Lots	350.00
Town Tags	1,185.00
Rolling Stock	16.50
Reimbursables	1,230.00
Sales Tax	2,693.00
TOTAL GENERAL FUND RECEIPTS	$16,793.50
TOTAL REVENUE SHARING-1982	5,218.00
Revenue Sharing-1981	7,000.00
Certificates	41,132.51
TOTAL	$70,144.01
GENERAL FUND EXPENDITURES: Revenue Sharing will be used for General Fund Expenditures.	
Salary	$10,250.00
Electricity-town	1,500.00
Insurance	2,650.00
VEC Liability	20.00
Taxes-Social Security	900.00
Truck Expenses	1,000.00
Virginia Municipal League	120.00
Mayor and Council compensation	1,000.00
Town tags	100.00
Telephone	300.00
Office Supplies	500.00
Advertising	300.00
Town repairs	1,000.00
Donations-Fire Department Rescue Squad	1,000.00
Miscellaneous	500.00
	1,000.00
Town general expenditures	$22,140.00
General contingency fund	37,425.00
TOTAL	$59,565.00

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WOW slates meet

WOW Camp 71 will meet on Monday evening, April 19 at 7:30 in the Lodge Hall.

Officers and team are urged to attend.

Additions at Country Cupboard

Something new has been added at The Country Cupboard, located at 460 East, Concord, Virginia, adjacent to The Concord Service Center.

In addition to cheeses, natural dried fruits, nuts, Stone ground flour and meal and handcrafts by local craftsmen, Sandy Compton and partner, Carol Farris have added Pocket Sandwiches, Submarine Sandwiches, Steve Ellieon's Homemade Chili Dogs, homemade slaw, homemade pie, drinks and ice cream.

Delivery is made to local plants. For more information call 993-2782.

The Country Cupboard is open Monday through Saturday from 9 a.m. until 7 p.m.

Beware of fad diets

By Shirley W. Walton
Extension Agent
Beware of Fad Diets

American society is obsessed with the idea that thinness is the key to being attractive. Too many people want a quick and easy diet, forgetting that it took them years to put on excess pounds they carry around daily. This leads many people to become victims of what we call the "Fad Diet Con Game."

Fad diets and quick weight loss schemes claim to be swift, easy and painless. They might actually work for a short time, but the weight loss is seldom permanent. There are other things these fad diets and quick weight loss schemes have in common.

These diets severely restrict food choices and are often monotonous. This makes them most difficult to follow. They are also nutritionally unbalanced because they do not provide enough minerals or vitamins, and this makes them a direct health risk. There are hundreds of such fad diets, but they fall into three basic types.

The formula diet, also known as the one food diet, is restricted to a single food item or a prepared diet food. Examples are the ice cream, watermelon or water diet. (Can you believe such ridiculous things?) Eating only these foods or only the prepared diet formula produces some weight loss because they are so monotonous nobody can eat enough calories to maintain their weight. These diets are totally inadequate from a nutritional point of view.

The high protein, high fat, low carbohydrate diets have many names (such as the Mayo Clinic Diet (not related to the real Mayo Clinic in any way), the Air Force Diet (not related to the U. S. Air Force in any way), Drinking Man's Diet, the Dr. Adkins Diet and the Scarsdale Diet. They produce quick results because most of the early weight loss is body water, but it is replaced almost immediately when the dieter resumes a normal diet. These diets also are very dangerous because high protein consumption, coupled with the lack of carbohydrates, produces metabolic changes in the body, including a condition called Ketosis. Ketosis produces bad breath, frequent urination and can eventually harm the liver and kidneys.

Gimmick diets are the Fructose Diet and the recently popular Beverly Hills Diet. Promoters of these diets claim that certain enzymes in fruit help digest food. There is absolutely no scientific fact to support this theory.

Diet pills may be the most dangerous of all fad diets or gimmicks. They are amphetamines and are addictive. Besides being addictive, there is a chance of developing a tolerance to the drug so that it can't be prescribed for beneficial purposes. There are also a number of side effects which can occur from taking diet pills.

The sound diet plans are based on eating better quality foods and eating only enough to fill the body. The person who seriously wants to take some weight off should eat a well balanced, nutritious diet that includes the four basic food groups. The person who manages to stay slim is the one who has learned a new approach to life that includes simple eating habits and an active lifestyle.

In summary, eat wisely, think active and modify your behavior, if this is what it takes for you to slim up into the person that you want to be.

If you have a homemaking question or problem, you may call us at 352-8244 or you may write P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and help you.

Homemakers, have a good week!

RECIPE OF THE WEEK
Orange-Slice Cake

3½ cups all-purpose flour
½ teaspoon salt
1 pound candy orange slices, chopped
1 (8-ounce) package chopped dates
2 cups chopped pecans
1 (3½-ounce) can flaked coconut
¾ cup butter or margarine, softened
2 cups sugar
4 eggs
½ cup buttermilk
1 Teaspoon soda
½ cup orange juice
½ cup sifted powdered sugar

Combine flour and salt; stir and set aside.

Combine orange slices, dates, pecans, and coconut; stir in ½ cup flour mixture. Set aside.

Cream butter; gradually add sugar, beating until fluffy and sugar is dissolved. Add eggs, one at a time, beating well after each addition.

Combine buttermilk and soda, mixing well. Add remaining 3 cups flour mixture alternately with buttermilk to creamed mixture, beginning and ending with flour. Add candy mixture; stir until well blended.

Spoon batter into a greased and floured 10-inch tube pan. Bake at 300° for 2 hours or until cake tests done.

Combine orange juice and powdered sugar. Punch holes in top of cake using a toothpick; while cake is still hot, spoon glaze over top. Let cake cool before removing from pan. Yield: one 10-inch cake.

Thanks to Nelwyn Smith for sharing this delicious cake recipe.

Grow 'Orange Boys' this spring in county

By JIM SMITH
Extension Agent

The marigold has been selected as flower of the year, 1982, by the Home Garden Seed Industry and The Association of Garden Writers.

In late 1981 the steering committee for the Virginia Farm Management tour selected the marigold as the plant to be emphasized in Appomattox County in 1982. More specifically Appomattox citizens are asked to grow **Orange Boy**, which is outstanding for its extra early bloom, large double flowers and uniformity compact, 8 to 10 inch mound shaped plants, covered with bloom.

There are 7000 seed per ounce and germinates in 7 days at 70 degrees.

Host farm families, FFA and 4-H groups and Appomatox Garden Club are some of the groups that are growing plants for display this summer.

All home owners and businesses are invited to participate in this effort.

* * *

Marigold seed according to legend, were taken by Cortez from Mexico back to Europe--where they spread to Africa and Asia. The 184 varieties enjoyed today were bred from four wild species. In recent years plant explorers have found 40 wild species from Arizona to Southern Argentina.

Marigolds are popular because they are easy to grow and are colorful.

* * *

Getting ready to plant the garden, better check the age of seed carried over. Seed must be stored in a cool, dry location.

The longevity of well-stored seeds of some common vegetables are:

1 year: sweet corn, onion, parsnip, okra

2 years: beet, pepper

3 years: asparagus, bean, carrot, lettuce, pea, spinach, tomato

4 years: cabbage, cauliflower, brussels sprouts, kale, squash, pumpkin, radish, turnip

5 years: cucumber, muskmelon, watermelon.

* * *

A significant change occurred in the plant protection act last year. After December 22, 1982, it is illegal to sell **or offer for sale or advertise** varieties that are protected through the certification option.

Before this change occurred, proof of sale was necessary to constitute a violation. Now one only has to offer seed for sale or advertise to violate the law.

In the case of varieties protected, but not sold as a class of certified seed, it is our understanding that the law does provide permission for a farmer....whose primary farming occupation is the growing of crops for sale for other than reproductive purposes, to save seed and...to sell such saved seed to other persons so engaged for reproductive purposes. The farmer that buys seed of a protected variety from another farmer does not have the right to resell the seed that he grows other than for market purposes.

A listing of protected varieties is available from the County Extension Office.

* * *

If you have feeders weighing at least 400 pounds grazing this year, be sure that they are on Rumensin.

Gains can be increased by 0.2 lbs. per day if cattle receive 100 to 200 milligrams per animal daily.

Rumensin can be fed through blocks, mineral mixes or salt-fed mixes. One block should be made available for each 5 to 7 animals.

Costs of supplying Rumensin is 6 to 8 cents per head per day. The difference between added gain and cost of Rumensin results in a 5c net increase per pound of gain. In general, a feeder can expect a net return of 7 dollars per head.

Remember, Rumensin is toxic to horses.

This is not a replacement for implants, but should be fed in addition to the implants.

Noble leads class

Ray Noble, Captain of the Appomattox County Volunteer Rescue Squad, conducted a class on Emergency First Aid on March 31. The class was sponsored by the Appomattox County Farm Bureau Women's Committee.

Good news for homemakers

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